

MARK > BUNN

SIMPLE WISDOM FOR CONSCIOUS LIVING

Help your people simplify the SHIFT to conscious living,
creating happier, healthier and stress-free lives through
the collective wisdom of East meets West.



“The ancient wisdoms of health that Mark speaks about are absolutely fascinating and life changing.”

Kathy Smith

US FITNESS ICON & NEW YORK TIMES BEST-SELLING AUTHOR

“Mark will change the way you think about wellness and quite possibly your life.”

Robert S. Conlee – CEO

NEWAYS INTERNATIONAL, USA

MARK BUNN

“...one of the best speakers I’ve heard in a long time.”

Scott King – CEO
QUDOS BANK
(QANTAS CREDIT UNION)

SIMPLE WISDOM FOR CONSCIOUS LIVING

FACT: The healthiest, happiest people to ever live have never heard of good fats, bad fats, sleep apps or optimal heart rates... they’ve simply understood the timeless ‘wisdoms’ of health, happiness and high performance.

You and your team can too.

As one of the world’s leading experts on health and personal performance, **former Australian Rules footballer** and **three-times best-selling author** of ‘Ancient Wisdom for Modern Health’, Mark Bunn understands the difficulties facing workers and organizations today – high stress, poor sleep, negativity, poor work-life balance, low motivation and workplace morale.

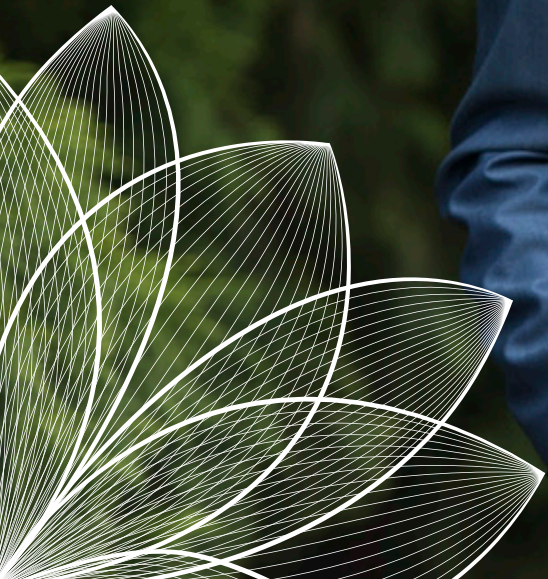
Mark’s unique blend of both **Eastern and Western** health-science uses the secrets of the world’s healthiest, longest-living people and **highest performing business people**, to help overcome these issues with simple, down-to-earth solutions that audiences love. His highly entertaining and fun delivery style makes cutting edge research from **mind-body medicine** and **positive psychology** seem refreshing, uplifting and life-changing.

Featuring practical, real health advice (you’ll never hear about calories or fats with Mark!), Mark’s sessions focus on issues more important to our health than fad diets and extreme exercise regimes – **peak brain development**, work passion, higher consciousness, community and team harmony.

For any business or high-performance group, it’s a no-brainer! A new age of health information is coming ... and Mark Bunn can lead you there.

“Mark Bunn was electric!”

Michelle Bare – Events Manager
FMG INSURANCE NEW ZEALAND





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KEYNOTES AND WORKSHOPS

Deloitte.



GameChangers

The elite-performance wellbeing tactics
reshaping business success.

In both sport and business, elite performers have a similar formula for success.

Yet from Tiger Woods and Serena Williams to Richard Branson and Arianna Huffington, the tools and tactics for winning the game of business (and life) are constantly changing.

Are you and your team playing your best game?

Are you using the latest science in personal performance?

Would you like to play faster, smarter, happier and healthier?

IDEAL FOR; Business leaders, C-suite executives, Senior managers, Business owners, Entrepreneurs, High-performers and leaders of any kind.

"Mark, thank you thank you. So many of our attendees said your session was 'the best wellbeing session we've ever had' and you and Kurt Fearnley were definitely the standouts from our entire conference"

ANGELA TAN – PEOPLE'S CHOICE ANNUAL CONFERENCE – 2018

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MARK  **BUNN**

DISCOVER:

- Why personal health KPI's are the new benchmark for leadership success
- The 2 minute psychology practice shown to...increase productivity (31%) & sales (37%) boost resilience and drastically reduce burnout & mental health issues
- How to improve brain functioning and reduce anxiety by over 50% through 'Technologies of Transcendence'
- How (and how not) to use the latest performance tools such as intermittent fasting, circadian medicine & HIT – high intensity training
- What the world's highest performers do differently to the rest

Want to show your team how to turn up (and turn on) when it matters most?

Want to play smarter, faster, bigger and better?

BOOK Mark & GameChangers today.

MindSpace

Ancient wisdom for modern mental health

In many cultures around the world, modern mental health issues such as anxiety, depression and insomnia are almost unheard of. What do they know that we have forgotten?

In this refreshingly simple yet profound session, Mark uses modern science to back up the age-old, ancient wisdoms of health as lived by the world's happiest and longest-living people.

Focusing on the latest in neuroscience, mind-body development and actionable insights, delegates leave with simple, everyday practices to immediately improve their mental health, become more resilient and significantly boost their work performance.

LEARN:

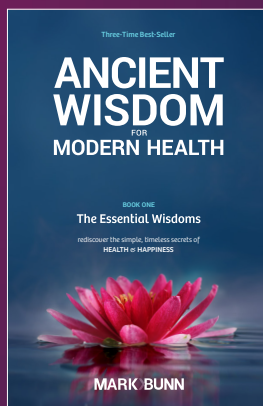
- the 3 revolutions changing the face of mental health
- how to go beyond mindfulness and develop integrated brain function & higher awareness
- how to use morning sunlight, earthing and nature immersion to reduce sleep problems, anxiety and depression
- how anyone can increase productivity, sales & resilience by 30+% through the 'happiness advantage'
- how to control social media rather than have it control you
- why connection/community, social ties and having a bigger purpose are by far the most critical factors for mental health... and how to get them

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"One of the best sessions I have attended in my career", "Inspiring" "the highlight", "engrossed from start to finish", "... amazing!"

Various Attendees
SUNCORP TOP 100 EVENT

MARK BUNN



*As a gesture of goodwill, with all MindSpace talks, Mark provides his best-selling 'Ancient Wisdom for Modern Health' book complimentary to every attendee (as e-book or audio book) plus a number of hard copies for anyone dealing with mental health issues or simply 'doing it tough'.

zest

ACHIEVE YOUR
**NATURAL
HIGH**

High energy, low stress,
life balance, work success.

Being healthy, happy & productive is
easier than you think.

Mark's research into the secrets of the
world's healthiest people, age-old Eastern
health wisdoms (Ayurveda), and the
latest modern science has unlocked the
secret to simple, 'time-friendly' methods
for living a healthy, high-performing,
balanced work-life.

IN HIS ENGAGING SIGNATURE
KEYNOTE MARK WILL SHOW
YOU HOW TO:

- Reduce stress/anxiety up to 30% &
improve work-life balance by 40+%
- Sleep better & enjoy greater vitality,
mental focus & a healthier weight
- Use sunlight and earthing to significantly
improve emotional health & attitude
- Simplify modern-day health advice, reduce
sick days & improve workplace morale

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**“Brilliant”, “changed my life”
“best rated session so far!!”**

Various Attendees
ERICSSON

MARK BUNN

zone

The DAILY HABITS of HIGH ACHIEVERS



“Weeks after your session,
everyone is still raving about it!”

MARK BUNN

Kristy Harder – Strategic Brand Manager
DUPONT

Work smarter not harder to do 30% more
... in 30% less time... with 30% less stress!

Everyone is busy, but how many of us are truly
productive?

With the “cult of busy” in full swing it’s no wonder
many of us feel overwhelmed with work. Yet the most
effective, high-performing business people in the
world (think Tim Ferriss, Arianna Huffington, Richard
Branson) seem to do more with less... a lot less.

In this engaging, practical and highly-relevant
workshop, Mark teaches participants the 7 productivity
practices of high achievers that will transform their
time-management, motivation and bottom-line results.

KEY TAKEAWAYS INCLUDE HOW TO:

- › Stop email, facebook and other digital
disruptions sabotaging productivity
- › Reduce distractions, control technology and
outsource to save time and stress
- › Get in your ‘Flow State’ to do much more,
in less time... more often
- › Better clarify goals, prioritise and motivate
yourself and others

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zen THE HAPPINESS ADVANTAGE

Why happiness is the new key to work and life success and how anyone can be happier in minutes.

We commonly think that being healthy and more successful will make us happy. We've turned the happiness goal into a hamster wheel we can never get off.

What if we've got the formula all wrong?

The latest research shows that by focusing on making people happier, every aspect of their health, work performance and life success skyrockets.

IN THIS FASCINATING NEW SEMINAR YOU WILL LEARN:

- › The 3 simple activities to increase sales, productivity & stress resistance by 30%+
- › Why relationships, fun & connection are far more important than diet and exercise
- › Why many so-called 'healthy behaviours' can actually destroy our health
- › How to be happier, more positive & optimistic in just 2 mins/day

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"Brilliant", "Motivational", "Fabulous and funny"

Loretta Lerardo – National Training Manager
CHOICE HOTELS, ASIA-PACIFIC



MARK BUNN



THE CONSCIOUSNESS REVOLUTION

Going from mindfulness to 'transcendence'... Why consciousness is the ultimate game-changer and the next BIG thing!

“ ... practical ... interesting and mind-changing ... a great speaker.”

Cloudia Wu – Senior Events Manager
AUSTCHAM, HONG KONG

MARK BUNN

We're always looking for the next big thing to improve human performance. We've had positive thinking, emotional IQ, mindfulness...

What's next? The Consciousness Revolution.

Western science is just now glimpsing the almost infinite potential of human 'consciousness', a field that Eastern traditions have understood for thousands of years. The research is clear - develop consciousness and you promote global brain functioning resulting in remarkable improvements in everything from IQ, relationships, decision-making, focus, creativity, zone-states, mental health and everyday performance.

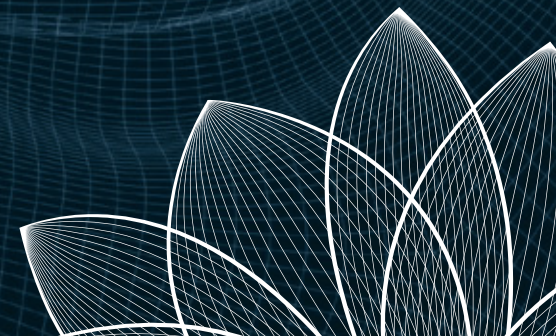
Mark's cutting-edge talk outlines the latest developments in neuroscience and how by utilising ancient technologies of the mind we can transform our business and life success.

KEY TAKEAWAYS:

- How simple technologies of transcendence can create higher states of consciousness and self-awareness
- How this translates to unparalleled improvements in personal health, inner contentment, stress resilience and business productivity
- How consciousness is what ultimately connects us as families, companies, societies and how it can be developed to promote a heightened sense of team, harmony & community

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ANCIENT WISDOM for MODERN HEALTH

Rediscover the simple, timeless secrets of the world's healthiest people ever.
Based on Mark's best-selling book!

Unfortunately, the true wisdoms of health and happiness have long been forgotten. In this life-changing session, Mark shows participants how the real keys to health and vitality lie far beyond modern fads of counting calories, measuring heart rates, or using sleep apps.

Covering the eternal 'laws of life' and the timeless wisdoms of the East, everyone will leave inspired by how much simpler healthy living can be - and how to immediately start towards a healthier, happier life.

KEY TAKEAWAYS:

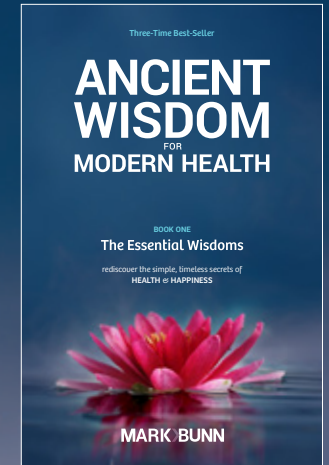
- Lose weight, sleep better & stay youthful by aligning with the body's natural cycles
- Simplify diet, enjoy enlightened exercise and nourish the emotions (enjoy inner bliss!)
- Learn the healing power of Nature's gifts – earth (earthing), fire (sun), water & air
- Know how to easily integrate age-old Eastern wisdoms into a busy modern life

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MARK BUNN

"One of the best seminars on health I've seen in 25 Years"

AMANDA GORE – INTERNATIONAL AWARD-WINNING KEYNOTE SPEAKER



AYURVEDA ALIVE

Discover the missing link in health today – your unique body-type – and use the world's oldest health system to master every aspect of your life

This is the personal health revolution we've been waiting for. The reason why thousands of fad diets don't work. The reason why what worked for your co-worker, mother and friends didn't work for you. It's why different people on the same exercise program get different results. Why coffee energises some but creates sleepless nights or panic attacks for others.

Ayurveda Alive is a fascinating new seminar uncovering the age-old wisdom of personalised health and body typing. It's transforming modern health, as it teaches us how our unique 'mind-body' make-up drastically affects our individual needs for health, balance and work-life success.

KEY TAKEAWAYS:

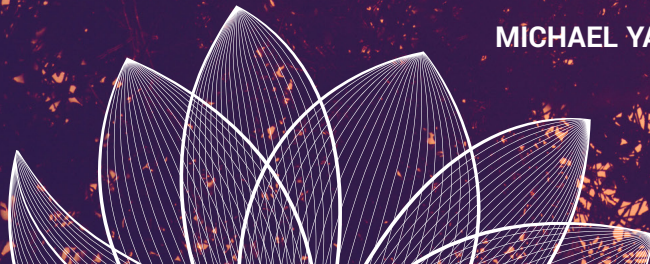
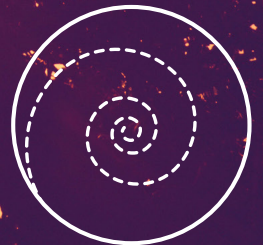
- › The Ayurvedic doshas and how we can eliminate 'multiple' health conditions at once
- › The foods, exercises and behaviours that get us out of balance ... and the simple, everyday things we can do to get back in balance ... and feel fabulous
- › How we can prevent health problems before they begin and quickly enjoy new levels of energy, better relationships and positivity
- › How the world's oldest science can improve workplace communication, motivation and morale

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MARK BUNN

"In ways that I have never seen before, your uniquely engaging presentation style created a wonderful rapport with everyone. It wasn't just their laughter – everyone who attended has been inspired."

MICHAEL YANKAUS - SILICON VALLEY, SAN FRANCISCO



'Conscious Living' Mind-Body Workshop

DE-STRESS • RE-CHARGE • DE-FRAG • RE-FOCUS

This stand-alone workshop (or perfect complement to a keynote) is the ideal way to:

- › energise a conference or rejuvenate your workplace health
- › have your team learn how to thrive amidst ever-growing work demands
- › improve resilience, mindfulness, all-round health & stress-free work success

Combining yoga, meditation and Mark's two decades of research in both modern western and ancient eastern science, this fun, interactive session, teaches a number of simple, user-friendly practices for minimising stress & maximising calm (getting and staying 'more zen') – while maintaining high-level business performance.

"... our highest rated element.
Brilliant, fun, engaging."

Annie Meyer – CEO
YOUNG PRESIDENTS' ORGANIZATION
PAN ASIA CHAPTER

MARK BUNN

"One of the best
Professional
Development
seminars I have
attended in
23 years"

Beverley Bell
PENRHOS COLLEGE

LEARN:

- › MEDITATION & MINDFULNESS – the latest 'mental technologies' of performance, how to go 'beyond' mindfulness and the world's No.1 practice for total brain development
- › AGE-OLD BREATHING TECHNIQUES to dissolve stress & supercharge exercise performance
- › YOGA (FOR ANYONE) – an easy, portable yoga stretching sequence requiring no change of clothes – can be done anywhere, anytime. Improves all-round strength, muscle tone and joint health and is suitable for home and office. Specific stretches for poor posture and office ergonomics also possible
- › SLEEP SECRETS – a whole ancient wisdom segment on sleeping well ... almost every night!
- › NO STRESS WORK SUCCESS – simple (forgotten) keys to preventing stress in the first place

Hands-on exercises and practices taught during the session. No special clothing required – loose fitting casual or work-clothes is fine. Can be run as a stand-alone workshop or part of a longer conference or training session.

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ABOUT MARK BUNN

Mark Bunn wants to create a SHIFT in our thinking about health, happiness, high-performance and higher consciousness.

“We’ve never had more access to health information - everywhere we turn, there’s a new diet, a new medication, a new exercise regime – yet we’re more stressed, depressed, sleepless and overweight than we’ve ever been before.”

Surely it should be simpler?

That was the thought that consumed Mark after completing an Honours Degree in Exercise Physiology, a demanding course of studies deeply entrenched in western health science. As a former professional AFL footballer (a very ‘inglorious one he says), Mark already had a deep understanding of high-performance health science.

But years of training and study hadn’t provided the holistic answers to health and contentment he was looking for. A volunteer trip to South East Asia to work for an aid group changed all that.

Mark witnessed incredibly poor people with very little, who were, by and large ... extremely ‘happy’.

They certainly didn’t worry about good fats, bad fats, cholesterol levels or high-tech exercise programs. Their levels of health and happiness however were off the charts.

So began Mark’s research into Eastern medicine. After years of studying the world’s healthiest, longest living people and formal training in Ayurvedic medicine (Maharishi Ayurveda), he

wrote his first book ‘**Ancient Wisdom for Modern Health**’. It’s popularity in becoming a three-time best-seller confirmed Mark’s belief that making health simple is the key for sustained happiness at work and home.

Mark’s continued research has led him to study those who are successful in business while still enjoying a **meaningful life balance**, a topic particularly close to his heart after losing his wife to stress-related breast cancer. This personal tragedy deepened his empathy for those suffering from health issues or dealing with extreme stress and motivated him to continue his studies into the latest science on mind-body medicine & **positive psychology**.

In more recent times, Mark has also looked into the use of time-honored ‘technologies of consciousness’ to develop ‘**higher states of consciousness**’ - a term coined by the great Indian scholar Maharishi Mahesh Yogi.

Mark’s combination of modern and ancient systems of health provides a **unique approach that simplifies the prevailing confusion in our lives**. He now condenses all this into his popular keynotes and workshops.

When he is not speaking or writing, Mark is a keen golfer, meditator, Seinfeld-watcher and ‘uncle’ to his six nieces and nephews. He is also a trained **teacher of Transcendental Meditation** and the CEO of The **David Lynch Foundation Australia** – a not-for-profit charity that helps those suffering extreme trauma or stress - domestic violence sufferers, vets with PTSD, children from troubled backgrounds etc.

When it comes to health, happiness and high-performance, Mark invites you to look at a new approach.... a ‘wisdom-based’, higher consciousness approach!

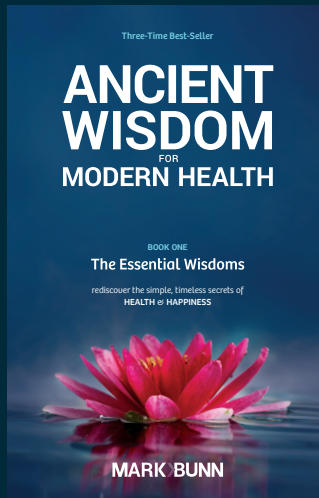
resources

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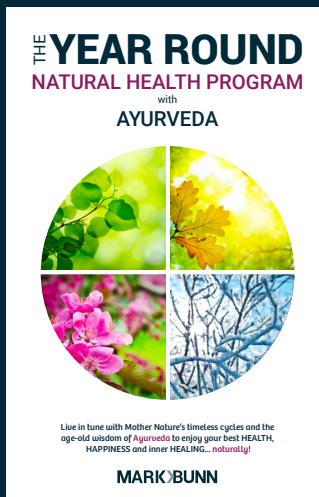
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